



# MUKTI

*Abide at the edge  
of inner and outer worlds  
until they disappear  
into one  
without another.*



*Summer/Fall 2008*

## Form and the Formless

### INTERVIEW EXCERPT

**When you speak of loving both the form and the formless, how does that relate to your practices of yoga and acupuncture?**

**Mukti:** The most intimate form we have, that we're most intimately connected with, is our own body, and if one has the eyes to really see, it's constantly teaching us and showing us. It's a great meter of what's true, what begets wholeness, or what feels harmonious. Often it's overridden by the thinking mind, but with practices in which one is willing to set the thinking mind aside for a while and devote time to nurturing one's body, one can develop a tremendous relationship with that wisdom that the body so effectively and directly communicates.

**How does that relate to the formless?**

**Mukti:** I don't see form and formlessness as two different things. Formlessness is the greatest mystery that we can encounter, and this mystery moves into expression and form as everything that our senses can perceive. It's not so much that they relate to one another but that they really are one and the same. The One as form is registered in the senses, and the One as formlessness can only be known through consciously being the mystery that we are. This is not a knowing of thought but a knowing through conscious being.

*The above excerpt is from an interview with Mukti by Margaret Brownlie which was published in The Sentient Times, in Ashland, OR. The complete interview is available on Mukti's teachings page at [www.muktisource.org](http://www.muktisource.org).*

More teachings online at [www.muktisource.org](http://www.muktisource.org)

## Palo Alto Events

The stillness of meditation and the dynamic inquiry of satsang are a potent combination for realization. Accordingly, Mukti regularly offers both satsang and meditations locally in Palo Alto, CA.

**Location:** St. Mark's Episcopal Church Chapel\*  
600 Colorado Ave., Palo Alto, CA 94306

\*Small building on the right as you enter the first driveway.

### Satsangs

Mukti frequently opens satsang with a talk or guided meditation and follows with questions and answers pointing directly to your true nature.

**Wednesdays:** August 20, October 29, December 3

**Time:** 7:00–8:45pm

The contribution per satsang is \$10, paid at the door. Doors open 20 minutes prior to satsang for silent sitting. Chairs are provided.

### Monthly Meditations

Offered on a donation basis, meditations include two 40-minute silent sittings with a silent break between. Mukti will offer a guided meditation during the first sittings. You may attend one or both sittings.

**Mondays:** August 11, September 1, October 6, November 3, December 8

**Times:** First Sitting: 7:00–7:45pm / Second Sitting: 8:00–8:45pm

Please arrive early. Doors close at the start of each period. No entry during meditation. Some chairs will be provided. Please bring your own floor seating. Sorry, no lying down or standing meditation allowed.

## East Bay Special Events

East Bay Open Circle is hosting Mukti for two evening satsangs in the second half of 2008. The suggested donation is \$10 per event. For details and location information visit [www.eastbayopencircle.org](http://www.eastbayopencircle.org).

**Location:** Berkeley, CA

**Sundays:** August 31, December 14

**Time:** 7–9pm

Participants understand that all events hosted by Open Gate Sangha will be recorded for use by Open Gate Sangha, Inc. Open Gate Sangha makes no representations or warranties as to any benefit that may be received by attending an event.

## Travels

Mukti will be teaching in the following areas in the second half of 2008:

**Aurora, Ontario** (prices in Canadian dollars)  
**Satsang** September 19, 2008 7:00–9:00pm \$15  
**One-Day Silent Retreat** September 20, 2008 9:30am–5:30pm \$75

**Sebastopol, CA**  
**Satsang** October 3, 2008 7:30–9:30pm \$15

**Vancouver, B.C.** (prices in Canadian dollars)  
**Satsang** October 24, 2008 7:00–9:00pm \$15  
**One-Day Silent Retreat** October 25, 2008 9:30am–5:30pm \$75

**Santa Barbara, CA**  
**Satsang** November 18, 2008 7:00–9:00pm \$15  
**Satsang** November 19, 2008 7:00–9:00pm \$15

**Los Angeles, CA**  
**Satsang** November 21, 2008 7:30–9:30pm \$15  
**Satsang** November 22, 2008 3:00–5:00pm \$15

In most cities Mukti will offer an evening satsang followed by a one-day silent retreat. Visit [www.muktisource.org](http://www.muktisource.org) for complete details about these events. For one-day retreats, preregistration online is recommended. Event announcements will be included in Adyashanti's monthly email prior to each event.

## Invitations

Mukti is available for group satsangs, intensives, and one-day retreats by invitation. If you would like to host Mukti in your area, please email [patty@adyashanti.org](mailto:patty@adyashanti.org).

## Private Meetings

Mukti offers dokusans (private meetings for satsang inquiry) in San Jose, CA. For those who live outside the greater San Francisco Bay Area she offers dokusans

Graphic Design – [www.susankurtzgraphics.com](http://www.susankurtzgraphics.com). Photo Courtesies – [iStockphoto.com/](http://iStockphoto.com/) AVTG: cover, Adyashanti: back cover.

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Event details and directions online at [www.muktisource.org](http://www.muktisource.org).

# Mukti Summer/Fall 2008



## About Mukti

Mukti, whose name is translated as “liberation,” is a teacher in the lineage of Adyashanti, her husband. Prior to 1996, when she began studying the nondual, Zen-flavored teachings of Adyashanti, Mukti studied the teachings of Paramahansa Yogananda for over 20 years. In her own teachings, Mukti points audiences back to their natural state of wholeness or undivided consciousness. Licensed in acupuncture and certified to teach hatha yoga, Mukti has a love of the whole, in form as well as the formless.

Visit [www.muktisource.org](http://www.muktisource.org) for complete details about Mukti, her teachings, and her events. The site offers a free full-length audio download, written teachings, schedule updates, directions, and online registration for one-day retreats.

## Audio CDs

### The Alchemy of Awareness

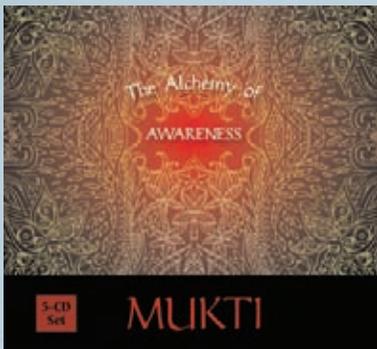
An In-Depth Inquiry with Mukti

5 Audio CDs

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Running time: Approx. 5 hrs.

\$40 Item #M\_7AOA



This enchanting 5-CD album captures the serenity of a two-day retreat given by Mukti in Santa Fe. With a guided meditation, engaging talks, and responses to profound questions, Mukti reveals the alchemy that occurs when we see all experience through the eyes of Awareness. This album explores such topics as:

- The Spirit of Allowing
- True Self Inquiry
- Being Empty of Positions
- Releasing the Hands of Control
- The Gift of Availability
- The End of Striving

### Meditations with Mukti

1 Audio CD

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Running Time: 74 min.

\$10 Item #M\_1MWM

This audio CD offers three transformative meditations that guide you to the direct experience of your natural state of wholeness:

- Losing Your Boundary (20 min.)
- The Field of Being (20 min.)
- Exploring Consciousness (30 min.)

Each track begins with a guided meditation followed by 5–8 minutes of silence and ends with a meditation bell.

### Revolutionary Inquiry

2 Audio CDs

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Running time: 86 min.

\$15 Item #M\_1RIN

Mukti elaborates upon three fundamental avenues of inquiry that can bring us to a direct encounter with truth and a living realization of true nature. Insightful dialogues invite us to see through our past conditioning, move beyond the cleverness of our minds, and open to the vastness of our true nature.

Order online at [www.muktisource.org](http://www.muktisource.org)



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